Health

THE

WATER-CURE JOURNAL,

AND

HERALD OF REFORMS.

OBJECTS.

THIS JOURNAL IS DEVOTED TO THE PHILOSOPHY AND PRACTICE OF HYDROPHTHY; EMBRACING THE TRUE PRINCIPLES OF HEALTH AND LONGEVITY, TOGETHER WITH DIRECTIONS FOR APPLICATION OF WATER, AIR, EXERCISE, AND DIET, TO THE VARIOUS DISEASES BY WHICH WE ARE AFFLICTED.

VOLUMES IX. AND X.

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THE WATER-CURE has been tried, *tested*, PROVED, and ESTABLISHED, as firmly and as everlastingly as TRUTH.

THE QUACKING of all the old-fashioned doctors in the universe cannot stay its progress, any more than a spider's web can stay the mighty cataract of Niagara, or prevent it from becoming THE UNIVERSAL REMEDY for all ordinary cases of disease.

THE WATER-CURE, as a general thing, is safe, harmless, and capable of being used by EVERY FAMILY at "Home," *whenever* and WHEREVER *any* remedy is necessary.

IN VIEW of these FACTS, we ask, "Is it not the DUTY of all who have been BENEFITED by this GREAT, yet simple SYSTEM, to recommend it to their friends and neighbors?"

WITH CONFIDENCE, THEN, do we appeal TO THOSE who would rescue mankind from the jaws of a premature grave, by placing in their hands the means of preserving HEALTH and prolonging LIFE; and for this purpose we tender THE WATER-CURE JOURNAL FOR 1851.

IS IT NOT MORE GLORIOUS to labor in a GOOD CAUSE like this, and to save from early death those we love and venerate, than to submit to the vile quackery and wickedness of the thousands of *slop* and *pill doctors* who invest every town?

IN SHORT, is it not the IMPERATIVE DUTY of all good citizens to abate these medical nuisances, and introduce in their stead that which will not only save their pockets but also their BODIES? All this may be done by placing the WATER-CURE JOURNAL in the hands of EVERY FAMILY.

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